

# North Simcoe Muskoka Integrated Regional Falls Program Bulletin

April 2012



## Keeping you Updated

### Did you know?

A new study by Philips Lifeline has found that Canadian seniors have a positive outlook on aging but may be risking their health and independence by over-estimating their ability to get help in an emergency. Almost half of the seniors surveyed are unaware of how high their risk of falling is and a very high percentage believe getting emergency help is as simple as picking up the telephone. Seniors need to make sure they are prepared for medical emergencies, possibly using a medical alert service like Lifeline (1800 543 3456), which does offer financial assistance to seniors for the initial set-up of this service.

### IRFP Staff Changes

We bid farewell to Marsha Coombs who has been our Program Manager since the start of the program in January of 2010.

Marsha's leadership and expertise in senior's care were instrumental to the success of the program.

Marsha will be greatly missed, but we wish her all the best as she pursues her career closer to home as Clinical Coordinator for Senior Services at Ross Memorial Hospital in Lindsay.

Marlis Stewart will be Interim Manager.

### Physio Corner

**“The greatest risk for older adults is being physically inactive.”**

World Health Organization (1997)

#### **Being regularly active:**

- allows you to continue doing the things you want to be able to do (e.g. carrying groceries, picking up grandchildren)
- improves your strength, endurance and balance
- decreases your risk for falling and fracture
- improves your mood and confidence
- maintains blood sugars for those with diabetes or pre-diabetes
- decreases your risk for stroke, heart attack and cancer
- helps your bowels to move regularly
- facilitates socializing with friends and family

## Upcoming Events

**15th Annual PASE Geriatric Mental Health Forum**

**April 25/12 8:45 to 4:15**

**Peterborough Golf and Country Club**

### **Geriatric Giants:**

***Delirium, Dementia, Driving, Depression and  
Acquired Brain Injury***

Register for \$60 by April 15 by contacting

**Dawn Orser 705 876 5076 ex 3739**

**Contact us through Central Intake and Triage 1 877 665 6065**

**Orillia Soldiers' Memorial Hospital 705 325 2201 ext 3851**